



#### **Week 4 Appointment Postoperative Instructions**

- If ear canal packing was utilized in your surgery, most of it will be dissolved as a result of the drops that have been used.
- Any remaining packing will be removed during your appointment. At times, a small amount of packing will be left over the repair in your ear if the physician is not able to safely remove it. This will dissolve with the drops or will be removed on a subsequent appointment.
- There is typically no pain during the packing removal, just a tugging sensation.
- You should continue using drops for 1 week after this appointment. After 1 week, you may stop using drops in the ear altogether, unless otherwise instructed by your physician.
- You should continue using a cotton ball with Vaseline when showering to keep the ear canal dry for 1 more week after this appointment. In 1 weeks time, you can begin to shower with no precautions—you do not need to plug the ear with the cotton ball any longer.
- You should not swim without ear protection until instructed by your physician.
- Some packing will be removed from your ear canal during the appointment.
- You can anticipate that your ear will remain plugged or partially plugged. This is normal as there is often still packing that is not completely dissolved in the middle ear, behind the eardrum. You will notice gurgling sounds and odd sensations in the ear as the healing process continues.
- It is normal for your ear to feel numb at this time if an incision was made behind your ear. Over the next several months, you will notice “pins and needles” over the ear itself and the eventual return of sensation over the ear..
- All sutures behind your ear are dissolvable and do not need removal.
- You should not place any foreign objects, including earplugs and Q-tips, into your ear canal.
- If there are any questions or concerns before your next scheduled appointment, please do not hesitate to call our appointment.

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